

SGGPCP Updates:



Budj Bim Tour

SGGPCP staff had an opportunity this week to participate in a tour with Budj Bim to learn about Gunditjmara culture and country. We had a scenic drive to Tyrendarra IPA and learnt about the eel and fish traps and saw the remnants of the unique circular stone dwellings, and were privileged to visit the Condah Mission and Lake Condah. Certainly a unique and educational experience for us all.



Primary students from 15 schools within the Southern Grampians have been getting active throughout October as they walk to and from school for VicHealth's Walk to School month. Southern Grampians Shire Council is pleased to be supporting Walk to School by delivering local Walk to School activities and initiatives that support ongoing active travel, including assisting the implementation of on-going drop off points. 6 of our 15 schools participating have created a drop off point a distance away from school where kids can get dropped and walk the remaining distance together. These schools are hoping to continue the operation of these points for the remainder of term 4 2016, and hopefully into 2017!

Find out more at www.walktoschool.vic.gov.au or contact Ebony Jenkins on 5551 8475.



(St Mary's Primary School Hamilton)

LIVE4LIFE, THE AWARD WINNING YOUTH SUICIDE PREVENTION INITIATIVE, IS COMING TO THE GLENELG SHIRE!

The local Live4Life Glenelg Partnership Group is looking for two ENTHUSIASTIC and PASSIONATE community members to be trained and deliver Mental Health First Aid training to year 8 and 11 students and partners, teachers and carers across the Glenelg Shire in 2017 as part of the Youth Live4Life Pilot.

If that's you, we'd love to hear from you. For more information or to complete an expression of interest form visit <http://www.youth4life.org.au> or touch base with our Youth Development Officer on 0400 151 447 or via email emurrell@glenelg.vic.gov.au

Aboriginal Scholarships 2017

This scholarship has been developed to encourage an Aboriginal and/or Torres Strait Islander person residing in the Glenelg Shire to continue to study past year 12 and onto University or TAFE, in an area relevant to Local Government.

Please refer to the Glenelg Shire Council Aboriginal Scholarship guidelines.

Applications are to be submitted by 5pm Friday 4th November 2016.

[Click here](#) for further details or contact Troy Lovett, Aboriginal Development Officer, Community & Culture Department Glenelg Shire Council P: 03 5522 2243 E: TLovett@glenelg.vic.gov.au

The Positive Parenting Telephone Service:

Support for grandparents caring for grandchildren, fathers and rural families

Gateway Health is trialling a parenting support program delivered via telephone or online specifically for grandparents, fathers and rural families from across Victoria who sometimes find it difficult to attend parent support services in person.

The Positive Parenting Telephone Service (PPTS) makes it easy to access a proven parenting support program delivered by qualified parent support workers from your home at a time that suits you – daytime, evenings and weekends.

Parents and carers will be supported by weekly telephone calls over 6 to 10 weeks. You can also participate in PPTS online - with or without telephone support. The program is currently free to all grandparents caring for grandchildren, fathers and rural families from across Victoria.

For more information: [Positive Parenting Telephone Service](#)

SGGPCP is promoting health and wellbeing by reducing the amount of time spent sitting in the workplace.

We actively encourage participants at our meetings to stand, move and/or stretch throughout the meeting to ensure sitting time is reduced.

PLEASE FORWARD YOUR ITEMS FOR INCLUSION IN THE BULLETIN TO: robyn.holcombe@wdhs.net

Grants package to kick off National Youth Week

The Andrews Labor Government is helping young Victorians get active and involved in National Youth Week 2017 with a \$210,000 grants package. Organisations can apply for grants of up to \$2000 to support their National Youth Week activities. In 2017, National Youth Week will run from 31 March to 9 April.

Grant applications are open until Friday 11 November 2016. [Click here](#) to apply or for more details.

Save the date and get in shape for the
Hamilton Vitality Fun Run
Sunday November 6
Lake Hamilton & the Grangeburn track

4.2km run / walk
10km run / walk
21km run
1.6km run for kids



Register now at www.hamiltonfunrun.com to run or walk on the day.

All proceeds are going to the redevelopment of cancer treatment facilities at Hamilton Base Hospital.

YACVic and Youthlaw training opportunity: failure to disclose and failure to protect

Port Fairy – Charlie's On East, Port Fairy Surf Life Saving Club, Wednesday 7 December, 11.30am – 2pm

New criminal offences have been introduced to improve responses to child sexual abuse. What are they and how do they affect youth workers and the youth sector?

Youthlaw and YACVic have partnered to deliver interactive training sessions across the state that will cover: 'Failure to disclose' offence, 'Failure to protect' offence, Mandatory reporting

\$35 for YACVic members, \$55 for non-members Light lunch provided by YACVic Rural. To register [click here](#)

Understanding Mental Illness Workshop

The Understanding Mental Illness Workshop is designed to provide a basic understanding of mental illness and recovery.

- Wednesday 2nd November 2016, 12:30pm to 3:30pm, Frances Hewett Community Centre, 2 Roberts St, Hamilton
- Wednesday 9th November 2016, 12:30pm to 3:30pm, South West TAFE, 154 Hurd St, Portland

Cost: Free - This program is funded by MI Fellowship

Registration is essential as places are limited – contact Barry P: 55603000 E: bclarke1@mifellowship.org

Upcoming Events

- **Disability, Carers, Families and the System** – 28th October, contact MPower Inc P: 5561 8111
- **MATE Training – Active Bystander Training** - Two separate Train the Trainer sessions will be delivered, one in Geelong on 21st, 22nd & 23rd November and one in Warrnambool on 1st, 2nd & 3rd November. The training will be three days in duration and delivered by Shannon Murdoch from Griffith University. [Click here for website link](#) Contact Justine on 042191211
- **2017 South Western International Women's Day Art Prize** - Entry closes 28th January 2017. [Click here](#) for details

Markets & Food/Produce Swaps

Merino Produce Swap – 10am-11am, Saturday 12th Nov, Merino Community Health Centre (second Saturday of month)

Heywood Food Swap – Last Friday of month, next swap Friday 28th October, 5:00pm at Heywood Apex Park

Nareen Produce Swap – Last Sunday of month, next swap Sunday 30th October, 10am to 11:30am, Nareen Hall

Nareen Produce Swap – Cooking and Tasting with Belinda Jeffery – Sunday 20th November, 10am at Nareen Hall. Cooking Masterclass with renowned author, TV food presenter and cooking teacher. Light lunch provided.

On Track Market - Hamilton Harness Racing Club, - every 2nd & 4th Sunday, next market is Sunday 13th November

Informal Garden & Produce Swap Meet – Hamilton Pocket Garden (Corriedale Lane), 2nd Sat of month. Sat 12th Nov @ 10am

Southern Grampians Glenelg Primary Care Partnership

Upper Level, 157 Gray Street, (PO Box 283), Hamilton 3300

Executive officer: Janette Lowe Manager Health & Wellbeing: Jo Brown

Project Officers: Rowena Wylie, Clinton Thomas, Claire Nailon, Ebony Jenkins

Office Coordinator: Robyn Holcombe W: www.sggpcp.com T: (03) 555 18471



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